



**FOR IMMEDIATE RELEASE**

Contact: Curry Hagerty  
803-737-4772

**This Week's Healthy SC Challenge Tips**

*First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use*

**Columbia, S.C. – June 29, 2007** – The Healthy SC Challenge is the Sanford family's effort to get all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, [www.healthysc.gov](http://www.healthysc.gov).

**Healthy Tips**

**Nutrition**

With names like Earthfare and Whole Foods, the WHOLE health food store craze is going bananas. There are even healthy sections at Piggly Wiggly and the Food Lion. It's now a proven fact that we are in the midst of one serious, healthy revolution! Though a health food store can be confusing to figure out in the beginning, once one speaks the lingo it makes shopping a dream come true. Just remember basic words like organic, dairy, wheat, and gluten free, and you're on your way. One trick to remember when health food shopping is that not all products are created in the name of health! Sounds kind of odd, right? Well, most products found in health food stores are, but unfortunately there are still a few that contain unrefined white flour and white sugar. Be on the look out for foods and drinks containing high fructose corn syrup and evaporated cane juice. Those are simply code names for SUGAR!

**-Mary Kent Hearon, Founder of Dragonfly Wellness and The Weekly Beet**

**Physical Activity**

"We are what we repeatedly do." -Aristotle. Those who participate in moderate- to vigorous-intensity activities regularly should be encouraged and supported in their efforts to continue. While activity at a higher intensity or performed longer offers more health benefits, this level of activity may not be a realistic goal for everyone, at least not to start with. Many Americans, for whom the term "exercise" brings up negative images and emotions, can celebrate the good news by setting a new personal goal-achieving and enjoying the benefits of a regularly active lifestyle that includes a variety of moderate- and/or vigorous-intensity activities.

**-Center for Disease Control and Prevention**

**Tobacco**

Quit Tips for Smokers:

- Never carry matches or a lighter with you.
- Believe in yourself. Believe that you can quit.
- Set a quit date.
- Seek new activities or perform old activities in a new way. Get out of old habits

**-Trumpeter Campaign, [www.PalmettoHealth.org](http://www.PalmettoHealth.org)**

– ##### –

*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit [www.healthysc.gov](http://www.healthysc.gov), or call 803-737-4772.*